



# Family Resource and Opportunity Centers

## About Our Centers

Family Resource Centers (FRCs) and Family Opportunity Centers (FOCs) provide families with access to the programs and resources they need to build protective factors and help their children grow into healthy and productive members of their communities.



Support families in their caregiving roles.



Strengthen informal support among families.



Offer resources directly or through community referrals.



Promote community investment.

FRCs and FOCs are easily accessible, strengths-based, flexible, family-focused, and culturally sensitive. Services and programming are based on local needs.



## All Families Are Welcome!

*Families are at the center of FRCs and FOCs, with parent involvement, parent choice, and parent leadership being the key to their success.*

## Services Typically Include:

Research-based  
Parent Education

Family Support  
and Coaching

Information and  
Referral

Informal Parent  
Education

Structured and  
Drop-in Play  
Groups

Family Social and  
Recreational  
Programs

Basic Needs and  
Resources

Group Support

And many more!

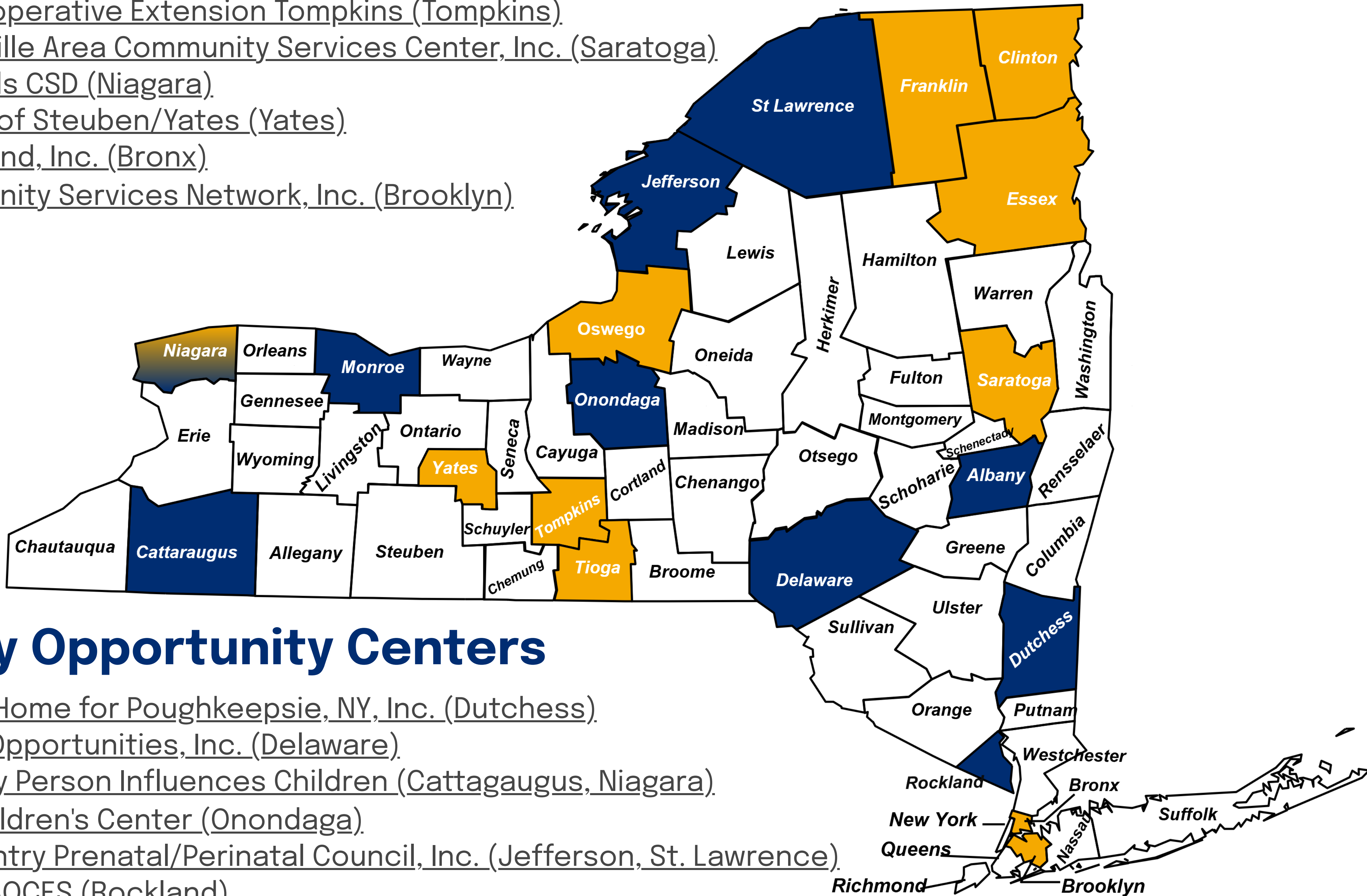


# Center Locations

For more information about a specific program, click on the links below.

## Family Resource Centers

- Catholic Charities of Oswego County (Oswego).
- Child Care Coordinating Council of the North Country (Clinton, Franklin, Essex).
- Cornell Cooperative Extension Tioga (Tioga).
- Cornell Cooperative Extension Tompkins (Tompkins).
- Mechanicville Area Community Services Center, Inc. (Saratoga).
- Niagara Falls CSD (Niagara).
- Pro Action of Steuben/Yates (Yates).
- Rising Ground, Inc. (Bronx).
- NIA Community Services Network, Inc. (Brooklyn).



## Family Opportunity Centers

- Children's Home for Poughkeepsie, NY, Inc. (Dutchess).
- Delaware Opportunities, Inc. (Delaware).
- EPIC - Every Person Influences Children (Cattaraugus, Niagara).
- Hillside Children's Center (Onondaga).
- North Country Prenatal/Perinatal Council, Inc. (Jefferson, St. Lawrence).
- Rockland BOCES (Rockland).
- St. Catherine's Center for Children (Albany).
- Watervliet City School District (Albany).

## Family Resource and Opportunity Centers Make a Real Difference

*Families who attended showed improvements in protective factors and the most vulnerable families showed the greatest improvements.*



Promotes  
Nurturing  
and  
Attachment



Increases  
Knowledge  
of Child  
Development



Strengthens  
Family  
Functioning



Increases  
Social  
Supports



Improves  
Access to  
Concrete  
Supports

**Learn More:**

<https://ocfs.ny.gov/programs/trust-fund>



Bernard.Pratt@ocfs.ny.gov



(518) 473-4330